

MWR HAPPENINGS



VOLUME 6 ISSUE 4

NATIONAL NAVAL MEDICAL CENTER

NAVY MORALE, WELFARE AND RECREATION

APRIL 2005



Adventure Bound Program:
Outdoor Adventures for all
Active duty, Reservists, Retirees,
DOD civilians and their family members



Sign up for trips
at the
MWR InfoCenter
NNMC Main St.



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Adventure Bound Horseback Riding Saturday, April 23

Are you ready for a ride you'll never forget? Adventure Bound heads up to the C & O canal for a 4-hour ride with lunch provided. Children must be direct dependents and 12 or older to attend.

Cost \$55 for Adventure Bound patrons or \$35 for Single Sailors (E1-E6 single/unaccompanied)
Limited Space so sign up early. **NO GUESTS.**



Adventure Bound White Water Rafting Down the New River Friday, May 20-22

Ready for a trip that will "shock your socks off? Challenge yourself to Class III &

IV rapids on the New River with Adventure Bound. All participants must be 18 years of age or older to attend.

Patron Cost \$85 Adventure Bound, \$55 Single Sailor (E1-E6 single/unaccompanied) includes transportation, gear rental (booties, wetsuit, and life jacket), rafting, 3 meals, and platform tent accommodations. Sign up no later than May 18 @ 4 pm. **Limited space** so sign up early. **NO GUESTS.**



Adventure Bound White Water River Tubing Saturday, June 18

The trip starts quietly with some slow water, but soon the excitement builds through Class I, II, and III rapids.

Splash over ledges, bounce through holes, and ride some wild wave trains in our specially designed whitewater tubes. With their low-profile design, and the direction of your guide, your tube puts you in the middle of the Potomac River's white water action. Children must be direct dependents and over 12 years of age to attend

Patron Cost \$25 Adventure Bound, \$15 Single Sailor
Limited space so sign up early and no later than June 15 @ 4 pm. **NO GUESTS.**





If you need more information
you may call
the MWR InfoCenter at 295-0434,
or the Liberty Program Coordinator,
Carol Morris at 319-8431.

Single Sailor Discount Bowling Nights at the Bethesda Naval Bowling Center Mondays, April 4 & 18

Are you are looking for something fun and cheap to do during the week? If so, then, venture down to the Bethesda Naval Bowling Facility for a night of cheap thrills! Cost for single sailors E1-E6 (bring I.D.) and their guest is \$1 per person, per game. Shoe rental is \$1.50 per pair. Stop by from 3-8 pm.

Signing up is not required.



Day Shopping Trip – Arundel Mills Saturday, April 2

Shop till you drop with over 200 stores and restaurants as well as a Muvico Egyptian 24 Screen Theater. You can shop and eat and then drop to your feet!

Cost \$2 Single Sailor (participants eligible to win a \$20 mall gift certificate)

NO GUESTS

Sign up no later than March 31 @ 4 pm.



Paintball Saturday, April 9

Wear your “camies” and bring some extra money for ammo because we’re going to be getting down and dirty with Outdoor Adventures. Do you have what it takes to capture the flag?

Cost: \$15 for Single Sailors \$25 for guests, \$10 if you have your own equipment. Includes semi-automatic rental, face mask and 100 paintballs, plus 1 case for the group to share.

Sign up no later than April 6 @ 4 pm.



Washington Wizards vs. Cleveland Cavaliers Friday, April 15

Join Liberty as we watch the Wizards own Gilbert Arenas take on Cavaliers LeBron James at the MCI Center. It’s a game that you won’t want to miss.

Cost \$ 24 Single Sailor (Sec 413) **Limited seats so sign up early.**
Sign up no later than April 12.





LIBERTY

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Liberty is a recreation program for single, unaccompanied enlisted (E1-E6) military personnel.

One guest may accompany a sailor per activity for the unsubsidized price, unless otherwise stated in the program description.



Baltimore Orioles vs. New York Yankees Sunday, April 17

Liberty is taking you out to the ball game to see the Oriole's newest player Sammy Sosa as they face the Yankees for a sold out game.

**Cost \$12 Single Sailor (Sec 3) Limited seats so sign up early.
Sign up no later than April 13.**



LIBERTY ZONE Birthday Celebration Thursday, April 21

Free Cake and Ice cream starting at 4:45 pm in the Liberty Zone!



Adventure Bound Horse Back Riding Saturday, April 23

Are you ready for a ride you'll never forget? Adventure Bound heads up to the C& O canal for a 4-hour ride with lunch provided.

Children must be direct dependents and 12 or older to attend.

Cost \$55 for Adventure Bound patrons or \$35 for Single Sailors (E1-E6 single/unaccompanied)

NO GUESTS

Limited Space so sign up early.



**If you need more information
you may call**

**the MWR InfoCenter at 295-0434,
or the Liberty Program Coordinator,
Carol Morris at 319-8431.**

**Single Sailors E1-E6:
Take advantage of Liberty-Big Fun, Small Price**



Liberty Zone Theater

The 1st movie shown at 4:45 pm is viewer's choice.
Second movie at 6:30 pm is from the schedule below right.
Sundays and holidays scheduled movie is at 2:30 pm.

Located in the
Liberty Zone
at the
Comfort Zone
Complex
Bldg. 23



Movies in the Barracks

*Free Movie and
Popcorn in the lounge
at 6 pm!*

We will bring our newest
releases for you to choose:

4/6 @ CBQ 61

4/7 @ CBQ 50

4/13 @ CBQ 60

4/20 @ CBQ 61

4/21 @ CBQ 50

4/27 @ CBQ 60

4/1	Napoleon Dynamite
4/3@ 2:30	Platoon
4/4	Friday Night Lights
4/5	Naked Gun
4/6	Closer
4/7	The Incredibles
4/8	Fat Albert
4/10@ 2:30	Spangish
4/11	Jackie Chan's First Strike
4/12	A Fistful of Dollars
4/13	Seed of Chucky
4/14	After the Sunset
4/15	The Flight of Phoenix
4/17@ 2:30	For a Few Dollars More
4/18	Lemony Snicket
4/19	Final Cut
4/20	Napoleon Dynamite
4/21	Christmas with the Krank's
4/22	History of the World Part I
4/24@ 2:30	Alexander
4/25	The Grudge
4/26	Team America
4/27	Alfie
4/28	Closer
4/29	The Incredibles
4/30	Jackie Chan's First Strike

Liberty Zone- Inside the Gym, Bldg. 23

24 hr Liberty Infoline Dial 295-4727!

EMAIL: liberty@mwrbethesda.com

Monday-Friday 4:30-9:00 pm

Sunday & Holidays 12:00-6:00 pm



Main Retail Store Complex

Main Store Building 57 301-295-6363

Mon-Sat 0900-2000
Sunday 1000-1800

Barber Shop, Main Store 301-295-6387

Mon-Sat 0830-1900
Sun 1000-1800

Tailor Shop 301-295-6358

Mon-Sat 0900-2000
Sun 1100-1800

Laundry & Dry Cleaning 301-718-8315

Mon-Fri 0830-1900
Sat 0830-1800

Optical Shop (National Vision) 301-951-9060

Mon-Fri 0900-1900
Sat 0900-1800

Bldg 12

Administrative Office 301-295-0871
Personnel Office 301-295-6339

NNMC QuikMart/Citgo 301-295-6129

Mon-Fri 0600-2100
Sat 0800-2000
Sun 1000-1800

NNMC NEX Package Store

Building 23 301-295-6382
Mon-Sat 0900-1800
Sun 1100-1800

NNMC McDonald's

Building 31 301-564-9549
Mon-Fri 0600-2300
Sat 0600-2330
Sun 0700-2100

NEX "Main Street" Complex

Main Hospital, Building 2

Uniform Center 301-295-1489

Mon-Fri 0800-1900
Sat 0900-1800
Sun 1000-1800

Tailor Shop 301-295-6358

Mon-Fri 0800-1900
Sat 0900-1800
Sun 1000-1800

Main Street Café 301-986-4996

Mon-Fri 0630-2100

Barber Shop 301-295-6390

Bldg 2 Main St
Mon-Fri 0730-1600

Subway/Dunkin Donuts 301-652-4667

Mon-Fri 0600 - 2000
Sat 0700 - 1500
Sun 0700 - 1400

Café Marlene, Bldg.9 301-986-5170

Mon-Fri 0600-1400

William III Gourmet Coffee 301-295-5387

Bldg.10
Mon-Fri 0600-1600



"KEEP IT NEW"

Taking Care of the Navy Family Extended Service Plan * Replacement Plan

The Navy Exchange offers three "Keep It New" plans covering the following categories of merchandise: (1) Electronics, Major Appliances, Lawn & Garden and Sporting Goods (2) Computer Systems and (3) Jewelry and Watches.

Electronics, Major Appliances, Lawn & Garden and Sporting Goods:

The plan offers a choice of the following:

- 1-Year Replacement Plan for items up to \$99.99 for \$7.99; items \$100 to \$200 for \$16.99
- 1-Year Service Plan beyond the manufacturer's warranty for \$29.99.
- 3-Year Service Plan beyond the manufacturer's warranty for \$69.99.
- 2-Year Service Plan from the date of purchase for Plasma TVs up to \$5,000 for \$299.99.

Computers Systems:

The plan offers a choice of the following:

- 1-Year Extended Service Plan beyond the manufacturer's warranty for \$79.99.
- 2-Year Extended Service Plan beyond the manufacture's warranty for \$139.99.

Jewelry and Watches:

The plan offers a choice of the following:

- 1-Year Replacement Plan for watches up to \$99.99 for \$7.99.
- 1-Year Replacement plan for watches \$100 to \$499.99 for \$12.99.
- 2-Year Service Plan for watches \$500 to \$999.99 for \$49.99.
- 2-Year Service Plan for jewelry also available. See store for more details.

Protect yourself from the cost and inconvenience of unexpected repairs.

BETHESDA NAVY LODGE

301-654-1795 GREAT RATES!

Make reservations by calling

1-800-NAVY INN(628-9466) or visit online at

www.navy-nex.com

Hotel Rooms-\$72/ night

Conference Room (35 persons)-\$50/ day

Washington Navy Lodge (Anacostia)

202-563-6950



USU Café



Cafe

Located in USUHS, Bldg. 70

Open :Monday-Friday

0630-1000 Breakfast

1100-1400 Lunch



For your catering needs contact:
 Selcuk "Sammy" Polat, Manager
 301-493-6554

Catering menu available by email.

Send requests to:
cafeteria@usuhs.mil

Platters are available for
 your office parties and
 celebrations.

Call 301-493-6554.



International Days at USU Cafe Themed Lunch Specials

Greek- April 7

Mexican- April 14

Indian- April 21

Italian- April 28

springtime No-Cook Recipes

Reuben Wrap

Recipe Courtesy of Marie Ostrosky

Recipe Summary

Prep Time: 10 minutes

Yield: 4 servings



2 lavash rectangles
 2 1/2 tablespoons grainy mustard
 1 pound sliced pastrami
 1 cup coleslaw (about 6 ounces)
 1/2 pound Swiss cheese

To assemble: With a short end of a lavash facing you, spread about 2 slightly rounded teaspoons of the mustard over the entire lavash. Cover with a quarter of the pastrami, followed by the Swiss cheese and a quarter of the coleslaw, and roll the wrap away from you. Complete the wraps with the remaining ingredients. Or, if you prefer, prepare all at once, assembly -- line style. Cut in half on the bias.

Many Melon Salad

with Yogurt Sauce and Lime

Recipe Courtesy of Gale Gand

Recipe Summary

Prep Time: 20 minutes

Yield: 6 to 8 servings

Ease of preparation: Easy



1/2 cup milk
 1 cup good-quality yogurt, preferably not fat-free
 1 tablespoon honey
 1 cantaloupe or another orange melon, such as Crenshaw, Charentais, or Cavaillon
 1/2 green honeydew melon
 1/2 small watermelon
 2 tablespoons light brown sugar
 1 or 2 limes, cut into wedges

In a bowl, whisk together the milk, yogurt, and honey. Cover and refrigerate until ready to serve. When ready to serve, peel and seed the melons and cut into 1-inch cubes. Combine them in a bowl, toss lightly, and divide the mixture among dessert bowls (preferably glass, so that you can see the melon colors). Drizzle yogurt sauce on top of the fruit. Sprinkle each serving with about 2 teaspoons brown sugar and serve with lime wedges to squeeze over the fruit at the table.



Bethesda Naval Bowling Center, Bldg. 56 ph. 301-295-2060

OPEN

Mon & Tues 10:00 am-10:00 pm
 Wed & Thurs 3:00 pm-10:00 pm
 Friday 1:00 pm-Midnight
 Saturday 10:00 am-Midnight
 Sunday 1:00 pm-8:00 pm



Birthday Party Package

*1 hour of bowling
 *Use of rental shoes
 *1/2 hour of Party Time
 *Food: Choice of hamburger, hot dog,
 or chicken nuggets, with french fries
 and a beverage.

Only \$9.50 per person

Call 301-295-2060/2034
 to reserve your date!

Group Rates

Office get-togethers, retirement and
 birthday parties, or any special occasion....
 You can reserve all or part
 of the bowling center for your special event.

We will work with you to fulfill
 all of your party needs.
 Music, unlimited bowling, shoes,
 billiards, contests, tournaments, etc.

Group Rate Options:
 Unlimited Bowling Packages
 (Includes shoe rental)
 \$7.50 pp for 1.5 hours
 \$9.00 pp for 2 hours
 \$14.00 pp for 3 hours
 \$18.00 pp for 4 hours

*Add a food package for only \$3.50 pp.
 (Food package includes your choice of
 hamburger, hot dog, chicken nuggets,
 with French fries and a beverage)

*Add music and lights for only \$3.00 pp.



Dollar Days Are Here!
Every Monday and Tuesday 10 am-3 pm
Pay only \$1 per game, open play!

Spaghetti Nights

Every Monday and Thursday 4-8 pm
 Spaghetti and Garlic Bread \$4



*MWR InfoCenter, NNMC Main St.*

MWR Information Source-Discounted Tickets! TICKETMASTER Outlet!
Central location to sign up for Liberty and Adventure Bound Trips!

Check the TICKETMASTER website at www.ticketmaster.com for upcoming events!

Busch Gardens Awareness Days-Every Friday in April at your MWR InfoCenter
 Enter for a chance to win Busch Gardens tickets and other goodies!

Monday, April 11-**Take a 20 minute break with Busch!**

Sign up at the InfoCenter to go on the Busch Garden's Curse of the DarKastle bus for a 20-minute break including FREE snacks, beverages and a special sneak peak at the new thrill ride, Curse of the DarKastle and more features of Busch Gardens Williamsburg and Water Country USA.

Paramount's Kings Dominion Awareness Days Every Friday in June!

THEATERS

TICKET NAME	MWR PRICE	GATE PRICE	YOU SAVE
Movie must run at least 2 weeks before tickets may be used (unless otherwise noted)			
AMC Theaters	5.75	varies	
Loews (Cineplex Odeon/Sony) Theaters	5.75	varies	
Regal Cinemas/ United Artists VIP	6.50	varies	
Busch Gardens Williamsburg (ages 7 and over)	41.75	49.95	8.20
Busch Gardens Williamsburg (ages 3-6)	35.75	42.95	7.20
DISNEY WORLD –other ticket options available by special order			
4-day adult Park Hopper	197.00	233.24	36.24
4-day child: ages 3-9 Park Hopper	157.00	187.44	30.44
5-day adult Park Hopper	224.00	265.19	41.19
5-day child: ages 3-9 Park Hopper	180.00	213.00	33.00
5-day adult Park Hopper Plus	254.00	300.34	46.34
5-day child: ages 3-9 Park Hopper Plus	205.00	240.70	35.70
6-day adult Park Hopper Plus	283.00	332.30	49.30
6-day child: ages 3-9 Park Hopper	227.00	266.26	39.26
Dutch Wonderland (ages 3 and over/child: ages 3-6)	23.50	23.95/28.95	45/5.45
Hershey Park (ages 9-54)	31.00	39.95	8.95
Hershey Park (child: ages 3-8)	22.00	22.95	.95
Hershey Park (ages 9-54) Military Days (valid thru 7/4)	27.75	39.95	12.20
Hershey Park (child: ages 3-8) Military Days (valid thru 7/4)	21.00	22.95	1.95
Kings Dominion (ages: 3 and over/ child: ages 3-6)	24.50	36.99/31.99	12.49/7.49
Sea World, Orlando (adult)	51.00	63.64	12.64
Sea World, Orlando (child: ages 3-9)	41.00	51.12	10.12
Six Flags America (ages 3 and under FREE)	26.00	28.99-39.99+	2.99-13.99+t
Six Flags Am. Early Bird (valid thru 6/19/05)	23.25	28.99-39.99 +	5.74-16.74+t
Six Flags Am. Season Pass	64.75	59.99 + tax	1.24
Six Flags Great Adventure, N.J. 2-park (ages 3 and under FREE)	26.75	29.99-47.99+	3.24-21.24+t
Six Flags Great Adventure, N.J. 3-park (ages 3 and under FREE)	45.00	47.99-62.99+	2.99-17.99+t

Ticket prices are subject to change without notice. All ticket sales are final.

Tickets Available By Special Order: Select Amusement Parks, Special Attractions & Hotels for California, Florida, Nevada, Tennessee, Texas, and Virginia

To order, patron must submit 2 week advance notice along with a 10% non-refundable deposit at time of order. Deposit will be applied toward cost of tickets.



AMUSEMENT PARKS



Discount Tickets

TICKET NAME	MWR PRICE	GATE PRICE	YOU SAVE
Universal Studios, Florida (adult)	49.75	58.31	8.56
Universal Studios, Florida (child: ages 3-9)	40.00	47.88	7.88
Univ. Stud. Islands of Adventure (adult)	49.75	58.31	8.56
Univ. Stud. Islands of Adventure (child: ages 3-9)	40.00	47.88	7.88
Universal Studios, Florida 2-day Escape (adult)	90.75	106.45	15.70
Universal Studios, Florida 2-day Escape (child: ages 3-9)	76.75	94.74	17.99
Universal Studios, Florida 2-day Escape (adult) 3rd Day Free	90.75	106.45	15.70
Universal Studios, Florida 2-day Escape (child: ages 3-9) 3rd Day Free	76.75	94.74	17.99
Baltimore Aquarium (adult)	16.00	17.95	1.95
Baltimore Aquarium (active duty/ sr. 60+, no dep.)	13.00	16.95/17.95	3.95/4.95
Baltimore Aquarium (child: ages 3-11)	9.00	10.95	1.95
Colonial Williamsburg Freedom Pass 1-Year (ages 18 and older)	53.50	59.00	5.50
Colonial Williamsburg Freedom Pass 1-Year (child: ages 6-17)	26.50	29.00	2.50
Colonial Williamsburg Military Key 1-Day (ages 18 and older)	25.00	N/A	
Colonial Williamsburg Military Key 1-Day (child: ages 6-17)	14.50	N/A	
International Spy Museum (adult: ages 12-65)	13.50	14.00	.50
International Spy Museum (senior 65+, active & ret. military, dependents)	12.50	13.00	.50
International Spy Museum (child: ages 5-11)	10.50	11.00	.50
Luray Caverns (adult)	14.00	18.00	4.00
Luray Caverns (child: ages 7-13, under 7 FREE with an adult)	6.50	8.00	1.50
Luray Caverns \$4 off coupon for 6 admissions			
Medieval Time Dinner & Tournament (adult)	40.50	51.55	11.05
Medieval Time Dinner & Tournament (child: ages 4-12) 3 & under must sit on lap & share meal	36.50	39.45	2.95
Tourmobile: DC-Arlington Cemetery (adult)	18.50	20.00	1.50
Tourmobile: DC-Arlington Cemetery (child: ages 3-11)	9.50	10.00	.50
Classic Luncheon (12-2pm) High Season (Apr.-Oct. 2005)	36.00	38.00-42.00	2.00-6.00
Classic Luncheon (12-2pm) Low Season (Jan.-Mar. 2005, Nov. 1-27, 2005)	32.00	33.00-37.00	1.00-5.00
Classic Luncheon (12-2pm) Holiday Season (Nov 28.-Dec. 30, 2005)	39.00	41.00-46.00	2.00-7.00
Classic Dinner Sun.-Thurs. (Weekday) High Season (Apr.-Oct. 2005) (7-10 pm)	53.00	57.00-63.00	4.00-10.00
Classic Dinner Fri.-Sat. (Weekend) High Season (Apr.-Oct. 2005) (7-10 pm)	61.00	65.00-72.00	4.00-9.00
Classic Dinner Sun.-Thurs. (Weekday) Low Season (Nov. 1-26, 2005) & (Jan. 1-Mar. 31, 2005) (7-10 pm)	48.00	50.00-56.00	2.00-8.00
Classic Dinner Fri.-Sat. (Weekend) Low Season (Nov. 1- 26, 2005) & (Jan. 1-Mar. 31, 2005) (7-10 pm)	55.00	58.00-65.00	3.00-10.00
Class. Dinn. Sun.-Thurs. (Weekday) Holid. Season (Nov. 27-Dec. 30, 2005) (7-10 p)	66.00	71.00-79.00	5.00-13.00
Class. Dinn. Fri.-Sat. (Weekend) Holid. Season (Nov. 27-Dec. 30, 2005) (7-10 p)	73.00	79.00-88.00	6.00-15.00
Mt. Vernon Excursion (8:30 am or 1:30 pm, 3.5 hours+) Adult/Senior	32.00	31.00-35.00	-1.00-3.00
Mt. Vernon Excursion (8:30 am or 1:30 pm, 3.5 hours+) Child: ages 6-11	28.00	29.00	1.00

Ticket prices are subject to change without notice. All ticket sales are final.



LOCAL ATTRACTIONS



SPIRIT CRUISES



Kids Konnection

Volume 5, Issue 4

Child Development Center, NNMC Bethesda

April 2005

April Calendar of Events



*Join Us As We Celebrate
Month of the Military Child*



Helping Young Minds Soar

By Jamila Aziz, CDPA

The National Naval Medical Center Child Development Center moved to its current location, Building 26, in July 1995. The center, which is designed to accommodate 290 children, is licensed by the Department of Defense. We were one of the first military child development centers to seek and maintain accreditation by the National Association for the Education of Young Children. Every year for the entire month of April we celebrate "The Month of the Military Child" with a variety of activities related to a central theme. Last year, in support of an "Our Military" theme we draped the halls with camouflage netting, hung model airplanes from the ceiling, enjoyed performances by the preschoolers dressed to mimic their parents, and finished the month with a picnic and carnival. Our theme this year: "Read, Help Young Minds Soar" will have storybook characters peopling our hallways, invading our classrooms, and entertaining our children. Come join us for the fun!

- The week of 4-8 April parents and volunteers will be invited to come read stories to the children in the classrooms. They will be encouraged to share the books that they remember enjoying as children.
- On Friday, 8 April, the children will make and bake "Gingerbread Men" during their morning activity time to be eaten later that day for snack.
- Wednesday, 13 April through Friday, 15 April, the preschool children will present performances of stories, puppet shows, and finger plays that they have prepared for the younger children.
- During the week of 18 through 22 April, the teachers will take center stage and initiate a variety of activities to promote reading and literacy.
- On Tuesday, 19 April at 0930 the children, dressed as their favorite storybook characters, will parade in front of the center. Parents (and the base newspaper, The Journal) are invited to cheer and take pictures.
- Friday, 29 April is the date scheduled for our annual carnival and cookout. From 0930 to 1100, the children will play carnival games with parents, teachers, and volunteers. At 1100, we all "chow down" on the wonderful feast prepared by our Chef Sam and some terrific volunteers from the Petty Officers' Association.



Photo Gallery



**Our children are busy
and beautiful!!!**





Swim Lessons

April through December Curl Burke Swim School at the Comfort Zone Complex

We offer five separate sessions with 7 classes for each session.

Class Times:

SATURDAY

Water Adjustment (2-4yrs) **9:10-9:40 am**
Beginner (5-7yrs)

Intermediate (7-9yrs) **9:45-10:15 am**
Beginner (3-6yrs)

Intermediate (5-7yrs) **10:20-10:50 am**
Intermediate/Advanced (8-14)yrs

Adult/Beginner **5:00-5:45 pm**

SUNDAY

Water Adjustment (2-4yrs) **9:10-9:40 am**
Beginner (5-7yrs)

Intermediate (7-9yrs) **9:45-10:15 am**
Beginner (3-6yrs)9:

Intermediate (5-7yrs) **10:20-10:50 am**
Intermediate/Advanced 8-14yrs

COST: \$45 per class, per student

SESSIONS

- I Now In Session
- II May 21-June 26
- III July 16-Aug 21
- IV Sept.10- Oct.16
- V Nov. 15-Dec. 11

Class Descriptions

Water Adjustment ~ 30 minutes

(2-4 yrs. old. Basic skills in a peer group.)

An active transition class for kids almost ready to be in class on their own. Parents work closely with instructors to teach skills to child.



Beginner ~ 30 minutes

(3-7yrs or Adult. Basic skills in a peer group.) **Only 4 swimmers to a class!** Focus is on breathing, kicking without being held, safety, reaching arms, jumping in and retrieving toys.

Intermediate ~ 30 minutes

(5--9 yrs. old. Proper arm movements., breathing.) Adept "doggie paddlers" learn the fundamentals of bringing their arms out of the water, floating and practicing correct breathing skills.



Intermediate/Advanced ~ 30 minutes

(8-14 yrs. old. Stroke improvement, flip turns.) Active emphasis on technique for kids who can swim one length of the pool. Backstroke, drills, active games, introduction to swimming terms.

How To Register for swimming lessons:

All registrations must be in person at the Comfort Zone Complex front desk for the current session.

Monday – Friday 0900-1700

Advanced registration for upcoming sessions will not be accepted. **Military dependants** have the **first priority** for all clases. All others will be put on a first come first serve waiting list and be contacted if the classes do not fill up, they will have 2 days to pay when notified.

Become Open Water Scuba Certified



Monday and Wednesday
6-9 pm, 8 classes per session
New Session begins each month
April-September

At the Comfort Zone Complex Pool,
Bldg. 23 NNMC

Class size: 6 students min./ 12 students max.

\$275* Instruction Fee

*Options available for certification dive

*Mask, fins, snorkel, & neoprene booties not included in fee

The first class for May session is Monday, May 2.
Register today, space is limited.

Register at the Comfort Zone Complex 301-295-2450



Sharks Swim Club

The Sharks Swim Club meets every Tuesday and Thursday at 6pm. Any level swimmer can come and get a coached workout or stroke tips, meet great people and HAVE FUN!

Stop by Tuesday, March 22 or Thursday, April 14 at 6 pm for a meet and greet open swim with all levels of swimmers from novice to competitor / tri-athlete.

Do you dare to swim with the sharks?!!



**P
R
T**

Pool PRT season through April and May. The pool will be more crowded than normal with PRT tests. This may take up to 3 lanes. PLEASE check the posted schedules every visit as the schedule is constantly changing.

CZC POOL

Regularly Scheduled Activities

- Monday-Friday, 11 am-1 pm
Active Duty Only Swim
- Monday-Friday, 3-6 pm
Pool Peak Time-crowded
- Tuesday & Thursday, 6-8 pm
Sharks Swim Club-3 lanes reserved

Children/ Family Swim Times

Fridays 6-8 pm 3 lanes

Sundays 2-5 pm 3 lanes

The pool is primarily for lap swim.

Active duty military have 1st priority.

Patrons who bring their children need to follow the schedule above for family swim.

Thank you for your cooperation.



**Pavilions may be reserved by
Active Duty Military ONLY**

Reservation is FREE

**All reservations need to be made
at the Comfort Zone front desk M-F 0800-1700**

Must reserve pavilion (1) week before event.

Call 295-0319 for fire permit and extinguishers.

*Bathrooms & water may not
be available. Call 301-295-2450 for current
facility status.*

*You may arrange for delivery of portable
toilets for the day of the event by calling
1-800-553-3173(Fee will apply)*

**Questions?
Call the Comfort Zone Complex
at 301-295-2450.**



Take advantage of the FREE Fitness Orientations for all CZC patrons!

This is for any and all people who use the weight training equipment. Geared for all levels to help you learn better techniques and safer methods of weight training. The orientation gives you an introduction to the variety of equipment, how to properly use it, and how to effectively integrate it into your training program. According to national average, 85% of people, including trained lifters, are using the equipment in fitness centers improperly.

Fitness Orientations are offered:

Monday – Thursday

9-9:45 am , 10-10:45 am,

3-3:45 pm, and 4-4:45 pm.

Sign up at the

Comfort Zone Complex front desk.



Children in the Comfort Zone Complex

For the safety of our children
and other patrons...

Children under the age of 16 must be
accompanied and supervised by an adult AT
ALL TIMES in the Comfort Zone Complex.

Infants, car seats and strollers
are not permitted in the Cardio Zone or
Weight Zone.-NO EXCEPTIONS

Anyone found not following the safety
regulations will be asked to leave.
Thank you for your cooperation.

Fitness Workshops

These workshops are FREE. Join a trainer
and learn tips to improve your workout. Meet us in
the stretching area of the Comfort Zone Complex.

Wednesday, April 13 & 27

12 noon

“Upper Body High Intensity Spring Workouts”

Thursday, May 19 & 26

12 noon

“Free weights:

How to use them in your work out safely”

Bring a friend. Get some great tips and a great
workout. Call 301-295-2450 for more information.



CALLING the Comfort Zone Complex

301-295-2450 **CZC Front Desk**
Information Message Line – No Voice Message System

301-295-5156 **Fax -Comfort Zone**

301-295-0030 **Manager Voice Mail Box**
Mailbox #1 Fitness/Aquatics Director (Bryan)

Mailbox #2 Athletics/Sports Director (Wendy)



Karate

MWR Fitness Studio
Wellness Center Bldg 12, 2nd floor

MWR Fitness

Mondays

7-9 pm Adult Jiu-Jitsu (all levels)

Wednesdays

6-8 pm Karate for Kids 6-14 yrs
6-7 pm Beginners-Junior Belts
7-8 pm Advanced-Senior Belts
6-8 pm Women's Self Defense

Fridays

7-9 pm Adult Jiu-Jitsu (all levels)

Saturdays

10 am-12 pm Karate for Kids 6-14 yrs
10 am-11 am Beginners-Junior Belts
11 am-12 pm Advanced-Senior Belts
1 pm-3 pm Adult Jiu-Jitsu

Monthly Costs:

Adult Jiu-Jitsu	\$55
Karate for Kids	\$35
Women's Self Defense	\$35



Call the CZC 295-2450 for more info. Fees may be paid at the Comfort Zone Complex Front Desk prior to starting classes for the month. Fees cover all classes taught within each category.

MWR Fitness Studio

Wellness Center Bldg 12, 2nd floor

Aerobics

Aerobics Weekly Schedule

Mon	Instructor's Choice	4:30-5:30 pm
Tues	Step Aerobics	11:30 am-12:15 pm
	Sculpt	4:30-5:30 pm
Wed	Step Aerobics	4:30-5:30 pm
Thur	Step Aerobics	11:30 am-12:15 pm
	Sculpt	4:30-5:30 pm



Bring your Military ID card or your Comfort Zone Complex Membership card to each class. (See membership guidelines on pg. 12) Call 295-2450 for more information.



Comfort Zone Complex Towel Check-Out Cards

2004 CARDS ARE EXPIRED!

The new 2005 towel cards are here!

These cards provide towels for patrons who want to utilize the towel service.

Patrons using the towel service simply exchange their towel card at the front desk for a clean towel, return towel to front desk after workout and pick up their card.

The cards are \$5.00 and are good for the calendar year 2005.

It is \$5.00 to replace the card if it is lost or destroyed.

Call the CZC front desk for more information at 301-295-2450.



Comfort Zone Complex Membership

ALL patrons MUST present VALID ID every single visit to the CZC. Please have it ready when you come in the door, just as you do at the front gate.

Comfort Zone Complex members include all active duty military and their immediate family members, retired military, and reservist.

NNMC DOD Civilians, NIH & Non-DOD Federal Employees are eligible for membership at the following rates:

	<u>Daily</u>	<u>6 mos.</u>	<u>Annual</u>
NNMC DOD Civilians	\$3	\$50	\$75
Non-DOD/NIH Federal Employees	\$5	\$75	\$150

Please note: Contractors and family members of both DOD, NIH & Non-DOD employees are NOT able to obtain a membership to use the facilities.

Massage

**NEED TO RELAX? Seated Massages
AT THE COMFORT ZONE COMPLEX
Brought to you by MWR and Relaxation On-Site
(202) 276-7159**

MASSAGE

FULL BODY \$60.00
SEATED \$10.00 - \$30.00

REFLEXOLOGY

HANDS (20 min) \$20.00
FEET (45 min) \$35.00

Call (202) 276-7159 to schedule an appointment.
Services are provided at the Comfort Zone Complex.



Relaxation On-Site



April Showers 5K Fun Run /Walk

Date: April 21

Time: 1200 noon

Place: Gymnasium

Contact: Wendy Tompkins
295-2450

E-mail: wtomp-
kins@mwrbethesda.com



Intramural Softball League

Registration Deadline: April 22

League scheduled to
begin in May

Contact: Wendy Tompkins
295-2450 or
wtompkins@mwrbethesda.com



Intramural 7 on 7 Flag football League

Registration Deadline: April 22

League scheduled to
begin in May

Contact: Wendy Tompkins 295-2450 or
wtompkins@mwrbethesda.com



Need a place for your next event?

MWR Community Room-Bldg. 11, Main Level

Eligible patrons-Active Duty, Retirees,
DOD Civilians, and DOD Contract personnel

Room Rental Fee-\$200.00

Reservation is made when payment is received.
Cash, Check, and Credit Card are accepted for room rental.

*Wedding Receptions, Bar Mitzvahs,
Family Gatherings, Showers,
Retirements, Birthdays...*

For more information and room reservations
please contact:

Chita Cajigal at 301-295-3577
clcajigal@bethesda.med.navy.mil



- Approximate 75 Person Capacity
- Tables and Chairs Provided with Room Rental
- Colored Linens with Room Rental
- Ice and Refrigeration Available
- Projection Screen Available for Use
- Restrooms



April is National Alcohol Awareness Month

Did you know....Active-duty personnel who are under the legal drinking age and are using alcohol are in violation of Article 92 of the UCMJ? You might want to think again before you juggle it down: Underage and binge drinking are the focus of the National Council on Alcoholism and the Department of the Navy.

Why do NNMC Bethesda and the state of Maryland care about under aged drinking?

Men and women who are 17 to 20 years of age can become dependent upon alcohol because their minds and bodies are still developing psychologically and physiologically. Whereas, an adult drinker may become dependent upon alcohol in 5 to 15 years of regular use, an under aged drinker can become dependent within 6 months to two years of regular use. Under aged drinkers also admit drinking to get "bombed" or "drunk". This type of pattern drinking is one of the earliest signs of impending alcohol abuse and dependence.

What are the dangers of binge drinking?

Binge drinking is defined as, "men having five or more/women having four or more alcoholic beverages on one occasion." Binge drinking increases the risk for an alcoholic related injury, especially for 17 to 25 year olds, who combine alcohol with other high risk activities, (i.e. driving, dating etc.)

The Navy supports the **Right Spirit Campaign** that promotes the decision to drink alcohol responsibly if you are legal or remain abstinent if you are not.

Show your NNMC BETHESDA Right Spirit on the 1st, 8th, 15th, 22nd and 29th of April by stopping by the Command DAPA table and ask questions. See you then!

Interesting facts about alcohol use and abuse:

Alcohol contributes to over 100,000 deaths in the United States making it the third leading cause of preventable mortality. Half of all highway deaths are alcohol-related, that's about 22,000 per year or one death every 25 minutes. Alcohol abuse costs DoD more than \$600 million each year. Military personnel are more likely to drink heavily than their civilian counterparts.

Nutrition & Weight Management

Healthy Heart Nutrition

Learn how to make changes in your diet to reduce your risk of heart disease. Appropriate for those with elevated cholesterol or triglycerides, hypertension or heart disease.

APR 04 1300-1500

APR 18 1300-1500

Call 301.295.5360 to register.

Ship Shape Program (active duty only)

A six week weight management program focusing on nutrition education, increased exercise and behavior modification. Call 301.295.6649 to register for one of the following sessions:

WEDNESDAYS MAY 04 – JUN 08 1200-1330

The Healthy Weigh

(open to all beneficiaries and NNMC civilian employees and contractors)

A six week weight management program designed to help you lose weight and develop healthy lifestyle habits.

Call 301.295.6649 to register for one of the following sessions: THURSDAY APR 14– MAY 19 0700-0800

Open only to military beneficiaries

Tobacco Cessation



Kicking the Habit"

An information-packed three hour session that will prepare you to quit. Call 301.295.2159 to register for one of the following classes:

APR 05 1200-1500

APR 26 1200-1500

Fitness and Exercise

NNMC Indoor Walking Path

In the basements of buildings 9 and 10, available for daily use 0600-1800, seven days per week.

Walking Group

Enjoy a brisk 30 minute walk Mondays, Wednesday and Fridays at 1100. Meet in front of Building 10 at the flag-pole. In inclement weather, we will use the indoor walking path. Call 301.295.6649 to register.



Stress Management Program

Stress Management 101

This two-hour class offers discussion on stress and how affects your everyday life. Learn practical techniques for managing stress by minimizing stress-producing situations, simplifying your life and building up resiliency. Gain hands-on experience with relaxation techniques. Call (301) 295-2159 to register for one of the following classes:
APR 12 1300-1500

Dealing with Anger

This class will explore the definition and origins of anger. Participants will be challenged to choose an emotion, other than anger, and develop an action plan geared toward effective problem solving and conflict resolution. Call (301) 295-2159 to register for one of the following classes:
APR 19 1300-1500

Seated Massage

Enjoy a relaxing massage of the neck and back while seated in a special chair.

Tuesdays 1100-1300 and 1600-1800

Offered by MWR at the Comfort Zone.

\$15.00 per 10 minutes; \$25.00 per 25 minutes.

By appointment only. Call 202.276.7159.

Women's Health



Hormones and Your Health

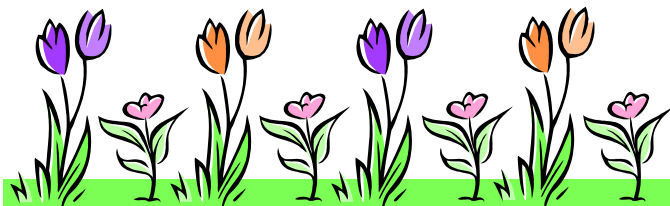
Women over forty-the real scoop on your changing body-hot flashes, emotional ups and downs, osteoporosis, hormone replacement.

Contraception Class

General information to make an informed choice on contraception methods. Call 301.295.6673 for a schedule of the above classes.

Breast Care Risk Assessment Class

Learn about your personal risk for developing breast cancer and what you can do to decrease it. Offered by the Breast Care Center. Call 301.295.3899 for class times and days.



Blood Pressure Management

Managing Your Numbers

Control High Blood Pressure Before It Controls You!

Learn effective ways to lower your blood pressure through medication, proper diet, exercise and stress management. Call 301.295.2159 to register for one of the following classes:
APR 27 1300-1500

Interesting Stuff...

Fitness-In-A-Bag Program

Are you active duty going on a short TAD? Before departing, call the Health Promotion Department to reserve a Fitness-In-A-Bag kit. The kit includes a heart rate monitor, a pedometer, exercise videos, a jump rope and a portable strength training kit. For loan only. Call 301.295.2159 to reserve a kit today!

Health Promotion On-Site

Interested in having a program at your DoD worksite? The staff at the Health Promotion Department is available to assist! Please call 301.319.4660 for more details.

Health Promotion Resource Library

The Health Promotion Department has a variety of books, videos and pamphlets on health related topics. Come see our collection in Building 12.

Information is provided by
Health Promotion Services
www.bethesda.med.navy.mil
National Naval Medical Center
Wellness Center
8901 Wisconsin Avenue,
Bldg. 12, 1st deck
Bethesda, Maryland 20889
PHONE: 301-295-5502



MWR InfoCenter/ITT

PH. 301-295-0434

Discounted tickets & TicketMaster, Brochures, MWR Information

Julie Orellana, Ticket Seller

Mon-Fri 8:00 am-4:00 pm
Closed for lunch 1:30 pm-2:00 pm

Richard Moy, Mgr 301-295-5432
rmoy@bethesda.med.navy.mil

MWR Admin. Offices

Quality of Life Director

Bob Killion 301-295-0935
rskillion@bethesda.med.navy.mil

Management Assistant

Chita Cajigal 301-295-3577

Admin. Officer/Personnel/

Accounting

Marcy Dunkerley 301-295-0936
mjdunkerley@bethesda.med.navy.mil

Unit Fund Allocations 301-295-1238

Community Services

David Page 301-295-0939
dlpage@bethesda.med.navy.mil

Marketing/ITT/Newsletter

Jenny Charlson 301-295-1046
jlcharlson@bethesda.med.navy.mil

Here
We
Are!



Bowling Center

PH. 301-295-2034/2060

Mon & Tues 10:00 am-10:00 pm
Wed & Thurs 3:00 pm-10:00 pm
Friday 1:00 pm-Midnight
Saturday 10:00 am-Midnight
Sunday 1:00 pm-8:00 pm

Noel Dysart, Mgr

admiral@mwrbethesda.com

Child Development Center

PH. 301-295-0167/ 0014

Mon-Fri 6:00 am-6:00 pm
Jamila Aziz, CDPA
jamila@mwrbethesda.com

USU Café & Catering

PH. 301-493-6554

OPEN Monday-Friday

6:30 am-10:00 am **Breakfast**
11:00 am-2:00 pm **Lunch**

Full Service Catering Services

Selcuk Polat, Manager

cafeteria@usuhs.mil

Comfort Zone Complex

Gym, Fitness Center, Pool

PH. 301-295-2450

Mon-Fri 5:00 am-9:00 pm
Sat- Sun 9:00 am-6:00 pm

Pool Hours

Active Duty only, M-F 11:00 am-1:00 pm

Mon-Fri 5:00 am-8:00 pm
Sat-Sun 11:00 am-5:00 pm
Family Swim Friday 6-8 pm
Sunday 1-5 pm

Recreation Director Paul Jones

pauljones@mwrbethesda.com

Athletics Director Wendy Tompkins

wtompkins@mwrbethesda.com

Aqua./Fitness Mgr Bryan Jackson

bryanjackson@mwrbethesda.com

Liberty Zone, Bldg. 23

PH. 301-295-4727

Movie Theater, Popcorn, Snacks, Internet,
Computer Games, TVs, Pool Table,
Foosball and more!

Open Mon-Fri 4:30-9:00 pm
Sun & Holidays 12-6:00 pm

Liberty Program-Activities & trips for
single, unaccompanied military personnel
E1-E6

Carol Morris, Mgr 301-319-8431

cliberty@mwrbethesda.com

♥DO YOU HAVE A SICK FAMILY MEMBER IN THE HOSPITAL?♥

The Bethesda Fisher Houses are beautiful, mansion-style homes with a very special mission...to help care for military families through a life-threatening crisis.

♥Eligibility/Admission Information:

- Family member is an inpatient at the National Naval Medical Center.
- Length of stay will be three nights or longer.
- Other household circumstances will factor into determining priority, not eligibility, when more than one family needs a room, however, the most important of these factors is the patient's medical diagnosis and condition.

♥Referral Procedure:

- Application forms are located at all nurses' stations and at the Patient Administration Department of the National Naval Medical Center.
- Fill out and fax this form to the Fisher House. Our fax number is: 301-295-5632.
- Please ensure that you have accurate contact information on your application.
- Referrals will be reviewed immediately upon receipt. Expect to be called.

Office hours at the Fisher House: 0730 until 1600, Monday-Friday.

The office is closed on weekends and holidays.

♥Fisher House Phone: 301-295-5334

♥Fax: 301-295-5632

FISHER HOUSES